



Military OneSource Educational Materials for

# Deployment and Reunion

## Booklets

- Bouncing Back: Staying Resilient Through the Challenges of Life
- Talking With Children About Violence and War

## CDs

- Talk, Listen, Connect: Helping Families During Military Deployment (DVD)
- These Boots: A Spouse's Guide to Stepping Up and Standing Tall During Deployment
- Finding Strength in Family and Community

## Articles

- Building Family Rituals While You are Deployed
- Child Care Backup Planning When Your Spouse is Deployed
- Coping with a Deployment Extension
- Coping with Change
- Coping with the Deployment of a Spouse or Partner
- Filing Taxes When a Service Member Is Deployed
- Finding Support When Your Family Member in the Guard or Reserve is Called to Active Duty
- Helping a Young Child Cope with a Parent's Deployment
- Holiday Stress and Deployment
- In Love and Deployed: Making the Marriage Decision
- Maintaining a Strong Relationship Through Deployments and Separations
- Preparing for Deployment: The Home Side
- Preparing for the Deployment of a Parent Checklist

- Relatives Raising Children When a Parent Is Deployed
- Renting Your Home During Deployment
- Returning to Family Life After Military Deployment
- Returning to Single Life Following a Deployment
- Single Parenting While Your Spouse is Deployed
- Staying in Touch When a Family Member Has Been Deployed
- Teenagers and Deployment
- Ten Ways to Bounce Back
- The Servicemembers' Civil Relief Act (SCRA)
- Ways to Support a Co-Worker or Friend Whose Loved One Has Been Deployed
- What to Expect on an R&R During Times of Deployment
- What to Send Someone Who Is Deployed
- When a Co-Worker Returns to Work from Military Duty
- When Your Son or Daughter Is Deployed
- Your Pet and Deployment

## Worksheets/Brochures

- Becoming a Couple Again: Reintegration Fact Sheet for Military Couples
- Discussing Danger While a Parent is Away
- Getting to Know Your Children Again
- Preparing Yourself for the Deployed Parent's Return
- Questions and Answers About Deployment
- Talking About Dangerous Work
- Talking About the Return of a Parent
- Talking About Your Thoughts on Deployment

Military OneSource is provided at no cost by the Department of Defense to all active duty, Guard, Reserve members, and their families. The 24/7 service provides information and referrals plus private, local face-to-face counseling. Call 1-800-342-9647 or access [www.militaryonesource.com](http://www.militaryonesource.com). (Visit our Web site for overseas, Spanish, and hearing impaired toll free telephone numbers.)

More educational materials related to this topic may be available from Military OneSource.